

# *The Westminster Senior Center*

*presents a three day*

## **Silent Auction Event**



*held in the*

**Westminster Senior Center Lobby**

**Tuesday through Thursday**

**November 17th–November 19th**

NEW KITCHEN "STUFF"



DOONEY & BURKE

HOLIDAY ITEMS

PICTURE FRAMES

**Time: 8:30 a.m. Tuesday**  
**through 12:30 p.m. Thursday**

WATCHES

COLLECTIBLES

& MUCH, MUCH MORE!

JEWELRY

**(Closing Bell on Thursday 12:30 p.m. sharp)**

Westminster Senior Center  
8200 Westminster Blvd. Westminster, Ca 92683  
(714) 895-2878 ext.577

Westminster Senior Center

## **Senior Spotlight**

8200 Westminster Blvd. Westminster, CA 92683

November 2009

(714) 895-2878

### **FALL HIGHLIGHTS:**



See's Candies:

(Fall Fundraiser ends November 20th)



November 9th-13th :  
"Fall Craft Boutique"



November 17th-19th :  
"Silent Auction"



November 19th:  
"Thanksgiving Celebration"  
(11:00 a.m. in the Dining Room)

Westminster Senior Services Team

CITY COUNCIL

Margie L. Rice  
MAYOR

898-3311 ext. 275  
893-1732

Tri Ta  
MAYOR PRO TEM  
898-3311 ext. 263

Frank G. Fry  
COUNCIL MEMBER  
898-3311 ext. 271  
893-3161

Andy Quach  
COUNCIL MEMBER  
898-3311 ext.274

Tyler Diep  
COUNCIL MEMBER  
898-3311 ext.262

Donald D. Lamm  
CITY MANAGER  
898-3311

Greg Johnson  
COMMUNITY SERVICES DIRECTOR  
895-2860

Diana Dobbert  
ASSISTANT COMMUNITY SERVICES DIRECTOR  
895-2860

COMMISSION ON AGING

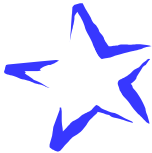
Chair-Vince Agor	897-6252
Commissioner-Nora Barajas	893-3708
Commissioner-Phillip Hodgetts	847-4165
Commissioner-Jerry Meade	893-2865
Commissioner-Vince Petronzio	897-6261
Commissioner-Ginger Vaughn-Borden	897-4644
Alternate-Carolyn Black	897-5209
Alternate-Erwin Vysma	893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff  
895-2878

Interim Senior Services Supervisor - Claire Hutchinson  
Nutritionist Maribel Avilez  
Secretary - Sherrie Machuga  
Receptionist - Ivy Gimondo  
Clerk Typist - Joy Williams  
Transportation Coordinator - Bea Pratte  
Van Drivers - John Conrekas, Bertha Lara and Clarey Mercer  
Health Care Nurse - Jane Hannah  
Project S.H.U.E. Director-Susana Delgado  
Senior Center Intern-Amber Julian



We are on the Web!

This monthly newsletter,  
The Senior Center Spotlight,  
is now available on the City Website:

[www.ci.westminster.ca.us](http://www.ci.westminster.ca.us),

Departments, Community Services, Senior Services.

Emergency & Business  
Telephone Numbers

Emergency Number	911
Police	898-3315
Fire	744-0400
Elder-Abuse	1(800)451-5155
City Hall	898-3311
OCTA (ACCESS Van)	560-5956
Chamber of Commerce	898-9648
Library	893-5057
Medi-Cal	741-7100
Social Security	1(800)772-1213
Ombudsman	479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Annual Silent Auction Event

held in the

Senior Center Lobby

Tuesday through Thursday  
November 17th-November 19th



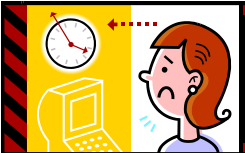
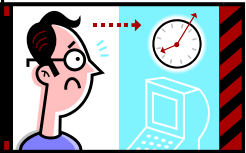
COLLECTIBLES

JEWELRY

Time: 8:30 a.m. Tuesday  
through 12:30 p.m. Thursday  
(Closing Bell rings at 12:30 p.m. promptly)

Diabetes Education & Support Group  
“Stress Management”

Wednesday, November 18th  
12:30-2:00 p.m. in Room A/B



Topics to include:

- ♦ Understanding Stress
- ♦ Causes
- ♦ Relaxation Techniques

Presentation given by: Jane Hannah RN, PHN  
Sponsored by: Preventive Health Care for Adults,  
and the Orange County Health Care Agency.



## Senior Center Programs

The American Heart Association is offering an outreach Gallery Display of 3 Banners that Westminster Senior Center will be displaying through Friday, November 20, 2009. The banners consist of information on heart disease and survivor stories of hope which are informative and inspirational. Please stop by the Center if you have an opportunity to see the Gallery.



### TWO HOLIDAY PARTIES, TWO DRAWINGS!

#### QUILT DRAWING!

One current drawing is a beautiful floral quilt. It is 102' x 112' inches. Colors: Cream, green, pink. It has been generously donated by Leah Dawson, who personally brought it back from an Amish Quilt Auction of handmade items in Shipshewanna, Indiana.

The Drawing will be held at our Holiday Party on Wednesday, December 16th, 2009.

Tickets: \$1.00 each or 6 for \$5.00



It is now on display in the Lobby.  
\*Winner need not be present to win.

#### Handmade Crochet Blanket with Angel in the Design

Also up for a drawing is a beautiful light green crocheted blanket with its subtle angel embedded in the design.



It was handmade by our own Yarn Spinners and is on display in our Lobby.

Tickets: \$1.00 each or 6 for \$5.00

The Drawing will be held at our Thanksgiving Party on Wednesday, November 19th, 2009.

\*Winner need not be present to win.

**Thanksgiving Brunch will be on Wednesday November 25th at 11:00 a.m. (No tickets needed)**

**Please note: Bingo will be from 12:00 Noon to 1:45p.m.**

## From the Director's Chair

November is a great month to reflect on our blessings from throughout the year. It's a time for giving thanks for all the good things that have happened to us and all the wonderful people that are in our lives. Our staff thanks all of you for being a part of our Center and for all the volunteer work that you do to make this Senior Center work so well. Without everyone working together we would not be in such a wonderful place. This is a great opportunity to thank those people in our lives that have made a difference, made our day better or just put a smile on our face. I would like to take the time to say thank you to all of you for making my job a little easier, for your support and for making this a great place to work.

Thank you to our Veterans for all you have given to our country.  
May we never forget your generosity.



CLAIRE

### AMERICAN FAMILY HOUSING is sponsoring a: **FREE COMMUNITY THANKSGIVING MEAL**

WHEN: Thanksgiving Day

Thursday, November 26, 2009

TIME: 11:00 a.m.-3:00 p.m.

WHERE: Community Services Building  
(corner of Westminster Blvd. & Jackson St.)

East/West Room

(for more information, to volunteer or donate turkeys, contact Judy at (714) 897-3221)

## IMPORTANT INFORMATION: **2009 FLU CLINIC CANCELLED**

### DUE TO LACK OF SUPPLY

**We at Westminster Senior Center are disappointed to give you this unfortunate information.  
Please call your Doctor with your questions.**



# Senior Center Programs

## Lunch Is Served

**Monday-Friday at 11:45 a.m.**

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

## Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.

-After three "no shows" you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

### Morning Pick-Ups:

**8:00 a.m. to 9:00 a.m. from home to Center.**

### Afternoon Returns:

**12:30 p.m. & 2:30 p.m. from Center to home.**

## W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

**NO SHUTTLE SERVICE ON FRIDAYS** Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



**Mondays, Wednesdays & Fridays**  
**Thanks to our November 2009 Callers:**

11/2-Dorothy Siebert	11/18-Earl Northcott
11/4-Earl Northcott	11/20-Dorothy Siebert
11/6-Sue Wolff	(9:30-11:15)
(9:30-11:15)	11/23-Kim Ward
11/9-Kim Ward	11/25-Dollie DeRobbio
11/11-Dollie DeRobbio	11/27-Closed for Holiday
11/13-Tom Andrusky	(9:30-11:15)
(9:30-11:15)	11/30-Mary Pagano
11/16-Mary Pagano	

## "Thanksgiving Celebration"

**November 19th in the Dining Room at 11:00 a.m.**  
**will also include November Birthdays**  
**Be sure to purchase your tickets at the front counter.**

## Craft Boutique

Join us for a week of  
handmade crafts for sale  
in our Senior Center Lobby.



**Items include:**  
**Crochet and knitted items**  
**Jewelry, Aprons, Throws, Kitchen items, Pins,**  
**Christmas items, jeweled night lights, and much more!**

**Monday, November 9th**  
**through**  
**Friday, November 13th**  
**9:00 a.m.-1:00 p.m.**

## DAY TRIPS

**"Apples & Outlets" in Oak Glen and Cabazon**  
**(Includes Lunch and a Free Apple Pie to take home)**  
**Tuesday, November 3rd, 2009**

Start off this tour in Oak Glen with some shopping at the many unique shops along with a visit to Parrish Ranch where the "Apple Barn" has plenty of apple goodies to choose from. Next, enjoy a nice lunch with pie a la mode for dessert at a local restaurant where you will pick up your free apple pie! Before heading home, enjoy some more shopping at the Cabazon Outlet.

**Must choose entrée upon sign-up. Choices include:**

**1. Meat Loaf 2. Ham or 3. Chicken**

**Depart: 8:00 am** **Return: 6:00 pm**  
**Cost: \$54.00**

### Getty Center/Museum in Los Angeles

**Tuesday, November 17, 2009-Waiting List Only**

**Depart: 8:30 am** **Return: 5:00 pm**  
**Cost: \$ 29.00**

### Palm Springs Follies

**Wednesday, December 2nd, 2009**

Featuring Susan Anton, the 19th season of the Follies celebrates *happy days* entitled "Let the Good Times Roll!" They are bringing back the *good-time music of the 40's, 50's and 60's. From Big Bands and Swing to Doo-Wop, Motown and Pop*, the Follies presents its annual salute to the holiday season.

**Depart: 9:00 a.m.** **Return: 6:30 p.m.**  
**Cost: \$77.00**

### Viejas Indian Casino

**Thursday, January 7th, 2010**

Enjoy a fun-filled day gaming and shopping at Viejas!" Includes: 1/2 Off for Lunch (= \$5 Coupon) & Shopping (right across street).

**Depart: 8:00 a.m.** **Return: 5:00 p.m.**  
**Cost: \$30.00**

### Little Italy Bread Tour

**Tuesday, February 9th, 2010**

You will have two guides to teach you about Italian bread making and all its variations. Included is a live musical performance from the San Diego Symphony's accordion player paired with a progressive Italian lunch and dessert in Little Italy. Also, you'll visit their #1 European gift store where the owner treats you to wine



& delectable snacks plus a stop at Café Zuccero, one of the best pastry shops in town!

**Depart: 8:00 a.m.** **Return: 6:00 p.m.**  
**Cost: \$62.00**

### Pechanga Indian Casino

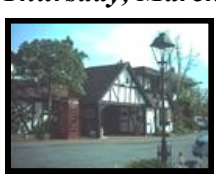
**Tuesday, February 23rd, 2010**

Enjoy a fun-filled day in Temecula. Deluxe Motorcoach! \$5 in Slot Play upon arrival.

**Depart: 8:00 a.m.** **Return: 5:00 p.m.**  
**Cost: \$17.00**

### Bakery Spectacular Tour in Los Angeles

**Thursday, March 11th, 2010**



TAM O'SHANTER  
RESTAURANT

We will venture to bakeries, factories and shops that you never knew existed! And don't worry about the calories all at once; you'll be given a treat to try or take home at each stop. You can decide which bakery is the best: German, Italian, Cuban, Mexican or Chinese.

Lunch is included at the Scottish Tam O'Shanter restaurant, where you will have a delightful Cobb salad w/fresh bread and dessert. Come join us! We'll diet on another tour!!!!

**Depart: 8:30 a.m.** **Return: 5:00 p.m.**  
**Cost: \$78.00**

## OVERNIGHT TRIPS

### Laughlin-Riverside Hotel & Casino

**Dec. 13-15, 2009-Waiting List Only**

### AVI Hotel & Casino

**January 17-19, 2010**

\$75 p/p Double Occupancy  
(Sunday-Tuesday) \$95 Single Occupancy  
Includes 3 days/2 nights.

### **YOU HIT THE BULLSEYE ON THIS ONE!**

Visit to Laughlin on Day #2 (optional)  
2 FREE meals: 1 Breakfast & 1 Dinner  
Great Baggage Handling & Driver's Tip included.  
**Depart: 8:00 am** **Return: 6:00 pm**

### Stateline Special to Buffalo Bill's

**March 22nd-23rd, 2010 \*Rates are lower than 2009!**

Package includes **2 DAYS, 1 NIGHT** at Buffalo Bill's Hotel and Casino. 2 FREE Buffets & Baggage Handling. (MONDAY-TUESDAY)

\$52 p/p Double Occupancy  
\$66 Single Occupancy  
**Depart: 8:00 am** **Return: 6:00 pm**

*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.  
The tip for the bus driver is included in the price.*

## Senior Center Classes

### **\*\*Adult Fitness (Chair Exercises)**

A mildly aerobic, chair/standing exercise class to music that will stretch and strengthen muscle groups and includes aspects of balance.

Day	Time	Instructor
Tuesday	10:00 a.m.-12:05 p.m.	M. Masters
Wednesday	10:00 a.m.-12:05 p.m.	M. Masters

### **\*\*Beginning (Chair) Fitness**

Day	Time	Instructor
Tues./Thurs.	12:30 p.m.-1:35 p.m.	M. Masters

### **\*\* Aerobics**

The aerobics class is open to seniors who are able to do chair exercises and floor exercises .

Day	Time	Instructor
Monday	10:00 a.m.-12:00 p.m.	M. Lascoc

### **\*\*Balance & Mobility**

A preventive class for Seniors at risk for falling; must meet entrance criteria, requires doctor's clearance, medical history and balance evaluation before enrollment.

Day	Time	Instructor
Tues. & Thurs.	8:45 a.m.-9:45 a.m.	M. Masters

### **Bridge**

Day	Time	Instructor
Mon./Thurs.	12:15 p.m.-3:00 p.m.	D. Berman

### **Bunco**

Day	Time	Instructor
2nd & 4th Wed. of each month	12:30 p.m.-3:00 p.m.	D. Vorono

### **Creative Crafts**

Day	Time	Instructor
Thursday	9:00 a.m.-11:30 a.m.	M. Loth

### **Intermediate Computer Class**

Day	Time	Instructor
Monday	9:00 a.m.-11:30 a.m.	K. Hillhouse
Tuesday	12:30p.m.-3:00	B. Ault

### **Beginning Computer Class**

Day	Time	Instructor
Tuesday	9:00-11:30	A. Spisak
Wednesday	9:00-11:30	D. Davis

**Please Note:** ALL Huntington Beach Adult School classes are now **Fee-Based**.

*\*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)      \*\*Coastline Community College*

**Fall Session for Coastline College Classes is from August 31st through December 18th.**  
**Fall Session for Huntington Beach Adult School Classes is September 2nd through December 17th.**

### **\*Line Dancing/Dance Aerobics**

Day	Time	Instructor
Tuesday	10:45-11:45 am-Low Impact 2	J.Camarena
Tues. & Thurs.	12:45 a.m.-2:30 p.m.-Level 4	J. Camarena
Thursday	9:00-10:30 pm-Level 2	J. Camarena
Thursday	10:30-12:00 pm-Level 3	J. Camarena
Thursday	3:00-4:30 pm-Level 2/3	J. Camarena

### **Longevity Stick**

Longevity Stick is a Vietnamese form of exercise involving slow movement and stretching. If you have questions, please call (714) 895-2878 ext.482.

Day	Time	Instructor
Monday	9:00 a.m.-10:00 a.m.	D. Allison
Thursday	9:00 a.m.-10:00 a.m.	M.Bac Dau

### **Mah Jongg**

Day	Time	Instructor
Monday	10:00 a.m.-noon	Group

### **\* Stretch and Flex**

Day	Time	Instructor
Tuesday	9:30 a.m.-10:30 a.m.	J. Camarena

### **Sudoku**

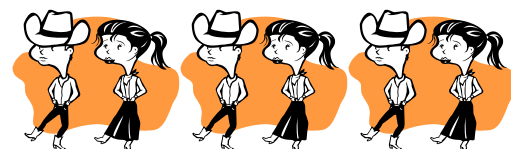
Day	Time	Instructor
Friday	10:30 a.m.-12:00 noon	M. Epstein

### **Tai Chi**

Day	Time	Instructor
Friday	8:30 a.m.-10:30 a.m.	L. Mo

### **Yarn Spinners**

Day	Time	Instructor
Mon./ Wed./Fri.	9:00 a.m.-noon	G. Borden



Please bring your i.d. with you when you attend the Senior Center.

## Senior Center Programs

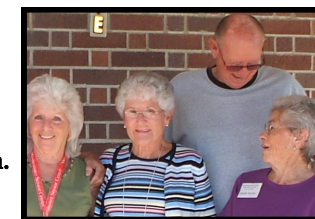
**Commodities** - Our Commodities Program is on the **2nd Wednesday** of each month. November Commodities will be on **Wednesday, November 11th**. If you are a Senior (60+) living in Westminster, and qualify as low income, please come between **8:00 a.m.-11:00 a.m.** Bring proper identification & plastic bag.

**Driver Safety (formerly 55 Alive)** - Classes are every other month on a Thursday and a Friday from **8:30 a.m.to 12:30 p.m.** The next class takes place on **December 3rd & 4th, 2009. NEW PRICING:** The cost is **\$12 per person if you are a member of AARP** and **\$14 for non-members**; sign-up at the Front Desk. **Please bring your membership card and make checks payable to AARP.**

### **Desperately Seeking:**

We have yet to find a driver for our **Home Delivered Meals Program** on **Thursdays from 10:00 a.m. to 12:00 noon.**

This program provides meals to the homebound elderly who otherwise would not have a balanced meal for the day. The drivers enjoy being of service and form a cheerful bond.



**Happy Home Delivered Meals Drivers**

### **2 Upcoming W.O.W. Bus Trips:**

Friday, November 6th, 2009 Michael's Craft Store 9:30-11:00 am	Friday, November 13th,2009 BIG LOTS 9:30-11:00 am
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*Sign Interest Lists at the Front Desk*

**Holiday Cards**, along with our regular selection, are for sale in the lobby for 10 cents apiece. Where else can you find such a large selection as well as mix and match?



***\*There will be no Dinner Group in November or December., 2009.***  
***The group will resume in January, 2010!***

## MOVIES

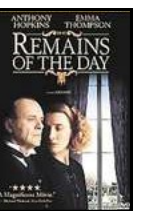
*Fridays at 9:15 a.m.*



### **November 6th** **"The Apostle"**

*Robert Duvall, Farah Fawcett*

When a preacher discovers that his wife is having an affair, he promptly puts the other man in a coma and flees his home state of Texas for Louisiana.  
Runtime: 2 hours,14 minutes  
Rated PG-13 (1997);Drama



### **November 13th** **"The Remains of the Day"**

*Anthony Hopkins, Emma Thompson*

A dutiful butler dedicates himself wholly to tending Lord Darlington's house, turning a blind eye to Darlington's Nazi sympathies.  
Runtime: 2 hours,1 minutes  
Rated PG (1993);Drama



### **November 20th** **"The Seven Year Itch"**

*Marilyn Monroe, Tom Ewell*

A doughy middle-aged publisher lets his imagination run wild, fantasizing about erstwhile ladyloves and his blonde, curvaceous new neighbor.  
Runtime: 1 hour, 45 minutes  
Unrated (1955); Classic